

## Options at Home:

### Peritoneal Dialysis or Hemodialysis

# Home Peritoneal Dialysis (PD)

- Keeps the kidney function you still have.
- No limits on how much fluid you can drink.
- Can be done where you want and when the time is right for you.
- Fewer trips to the hospital.
- Easy to set up and put away (10 to 15 minutes each).
- A nurse will teach you how to do PD until you are comfortable.
- Help is available 24 hours a day by phone.
- Regular clinic visits and access to your Nephrology team stays the same.
- If you travel, planning ahead to deliver your supplies will make your trip easier.
- Supplies are delivered to your home once a month by an outside supplier chosen by the clinic. You do not pay for anything.

## *Things to Think About for Home PD:*

- Use clean technique to prevent infections.
- Storage space for boxes – a whole closet or part of a room.
- Supplies weigh up to 9 kg or 20 lbs. You should be strong enough to lift the supplies.
- Some limits on foods.
- Garbage and recycling at home will increase.
- Machines can be repaired within 24 hours if they break down.
- Showering is cleaner than swimming or taking a bath.



Making a decision about dialysis can be challenging to do alone. If you would like to talk to someone about it, please contact:

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

# Home Hemodialysis (HHD)

- People say they feel better and use less medicine when they dialyze more.
- HHD can be done three to six times a week, either at night or during the day.
- Fewer trips to the hospital.
- HHD takes about one hour to set up and half an hour to put away.
- We teach you how to put the dialysis needles in yourself.
- If you have a fistula, you can still swim or take a bath.
- A nurse will teach you how to do HHD until you are comfortable. It takes about six weeks.
- If you do dialysis more than 24 hours a week, you will have no limits on what you can eat.
- If you dialyze for 24 hours or longer, there are no limits on how much fluid you can drink.
- Help is available 7 days a week from 7 am until 11 pm.
- You will have support at home with your HHD
- Regular clinic visits and access to your Nephrology team stays the same.
- Supplies are delivered to your home once a month by an outside supplier chosen by the clinic. You do not pay for anything.

## Things to Think About for Home HD:

- HHD is more complicated than PD.
- Use clean technique to prevent infections.
- Storage space for boxes – a whole closet or part of a room.
- Supplies can weigh up to 5 kg or 12 lbs. You should be strong enough to lift the supplies.
- Machines can be repaired within 24 hours if they break down.
- Travelling for more than two or three days is difficult.
- Limit how much salt you eat.
- Garbage and recycling at home will increase.
- If you pay for water and electricity, your costs will increase about \$20 to \$50 each month. If you are a Canadian citizen, those costs can be deducted on your tax return as a medical expense.



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*More information about Home Dialysis Therapy can be found at:*

*[www.bcrenalagency.ca](http://www.bcrenalagency.ca)*

*The Kidney Foundation of Canada has peer support groups.*

*More information can be found at:*

*[www.kidney.ca](http://www.kidney.ca)*

## Home Dialysis Decision Aid:

A member of the team will review the questions with you. These questions will help you decide about home dialysis. They will help you decide which option is best for you.

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

How long have you known you had kidney disease? \_\_\_\_\_

### Home and Lifestyle

1. Where do you live?  
\_\_\_\_\_

2. Do you own your home?

Yes  No, I rent

I do not have steady housing

3. How big is your home?

Small studio  1 bedroom apt or suite

2-3 bedroom apartment or suite

House with 2 or more bedrooms

### Work

1. Do you work or attend school?

Yes  No

2. What kind of work do you do?  
\_\_\_\_\_

3. What school program are you in?  
\_\_\_\_\_

4. What are your hours of work/school?  
\_\_\_\_\_

### Water and sewage

1. Is your water supply from a

City water supply  Well

Other source  Not sure

2. Is your water supply metered?

Yes  No  Not sure

3. How is your sewage system managed?

City  Septic  Other \_\_\_\_\_

### Social support

1. Does anyone live with you?

Yes, I live with \_\_\_\_\_

No

2. Who helps you when you need it? \_\_\_\_\_

3. Do you have a pet?

Yes, I have a \_\_\_\_\_  No

4. Do you do your own cooking, cleaning and bathing?

Yes

No, I need help from \_\_\_\_\_

### Travel/leisure

1. Do you travel?

Yes

Where do you like to travel? \_\_\_\_\_

No

2. How do you like to travel? \_\_\_\_\_

3. What do you do for fun? \_\_\_\_\_

Do you use a home computer?

Yes  No

### Medical

Do you manage your own medicine?

Yes

No, \_\_\_\_\_ helps me.

Other than your kidney disease, do you have medical or social issues you are concerned about?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



How you want to be treated.

[www.providencehealthcare.org](http://www.providencehealthcare.org)



Promoting wellness. Ensuring care.